

Girls' and Women's Health
Across the Lifespan Conference
Arizona Department of Health
Services
November 8, 2011

BODYWORKS:
A TOOLKIT FOR HEALTHY
TEENS & STRONG FAMILIES

Office on Women's Health in
the U.S. Department of Health
and Human Services

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BODYWORKS

- Why you need BodyWorks
- Decide to live a healthy lifestyle
- See where you are now
- Understand healthy eating
- Recognize the benefits of physical activity
- Set goals and plan
- Shop, cook and eat together
- Support a healthy lifestyle for your family

BODYWORKS IMPACT

- Parents
- Caregivers
- Families
- Communities
- Potential Trainers
- Our Future

Resources

- Office on Women's Health
www.womenshealth.gov
- Office on Women's Health
www.girlshealth.gov
- Arizona Department of Health Services
www.azdhs.gov
- Brain and Body Fitness Mobile Training
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